



Soboba Tribal Family Services

APRIL NEWSLETTER

Child Abuse Prevention Month & Sexual Assault Awareness Month

Soboba Tribal Family Services Staff:

Nancy Currie, Director
Alicia Golchuk, Tribal Social Worker
Walidah Thrift, Therapist
Catherine Gonzalez, Legal Admin. Assistant

Office Hours:

Mon-Thurs 7:00am to 5:30 pm
(951) 487-0283

**24 – Hour Child Abuse Hotline
for Riverside County
(800) 442-4918 or (800) 442-4453**



Alternatives to Domestic Violence 24-hour Hotline

Riverside City and out of County: (951) 683-0829
Remainder of Riverside County: (800) 799-SAFE (7233)
(800) 787-3224 – TDD Line
Hemet Office: (951) 929-3079

If you are in immediate danger call 9-1-1

SAVE THE DATE!

DREAM THE IMPOSSIBLE YOUTH CONFERENCE

Hosted by Native youth groups of Southern California

August 17, 2013

UNIVERSITY OF REDLANDS
REDLANDS, CA

BREAKFAST AND LUNCH WILL BE SERVED

more details to follow...

QUESTIONS CONTACT CLYDE MILLER:
Site Manager, Soboba Tribal T.A.N.F.
951-663-6139

cmiller@soboba-nsn.gov

Soboba Tribal Family Services Therapist

Soboba Tribal Family Services is proud to announce the arrival of our in-house Therapist, Walidah Thrift.



Walidah Thrift, Therapist
Soboba Tribal Family Services

Walidah Thrift is a native of San Diego, California. In 1991, she graduated from Lincoln Preparatory High School. Soon after high school, Walidah married her high school sweetheart. Walidah and her husband share two daughters who currently attend college locally. From 1993 thru 1999, Walidah maintained multiple administration jobs while attending college in the evening in pursue of her education. In 1999, she completed a Bachelors of Science degree in Social Psychology from Park University. After graduation, she was quickly employed as a Case Manager for the Housing Authority in Florida. Being that her husband was in the military, Walidah had to relocate multiple times during her career. Every move came with new professional challenges and opportunities in which Walidah thrived and excelled. In 2004, she completed a Master of Arts degree in Psychology, mental health counseling from Chapman University. She is licensed in Washington State as a Mental Health Counselor and licensed in California as a Marriage and Family Therapist. She has been employed in the Social Service field for more than 10 years, working in various locations and positions including Case Manager, Program Manager, Health Educator, Domestic and Sexual Assault Victim's Advocate, Social Worker, Mental Health Clinician, and Family Therapist.

Managing Stress

Everyone has stress, whether it's a bad day at work, car trouble, or simply too many things to do. However, too much stress can make it hard to parent effectively. After a while, your children may show signs of being stressed out, too!

What you might be seeing

Some signs that you are stressed include:

- Feeling angry or irritable a lot of the time
- Feeling hopeless
- Having trouble making decisions
- Crying easily
- Worrying all the time
- Arguing with friends or your partner
- Overeating or not eating enough
- Being unable to sleep or wanting to sleep all the time.

A build-up of stress also can contribute to health problems, including a sore neck or back, headaches, upset stomach, and high blood pressure.

What You Can Do

It is important to learn how to manage your stress – for your own sake and for your children. The following suggestions may help.

- **Identify what's making you stressed.** Everyone's stressors are different. Yours might be related to money, work, your surroundings (traffic, crime), your partner, your children's behavior, or health issues.
- **Accept what you cannot change.** Ask yourself, "Can I do anything about it?" If the answer is no, try to focus on something else. If there is something you can do (look for a new job, for example), break it into smaller steps so it doesn't feel overwhelming.
- **Have faith.** Look back at previous times when you have overcome challenges. Think, "This too shall pass." Consider that people who attend church, pray regularly, or practice other forms of spirituality tend to have less stress.
- **Relax!** Try deep breathing, meditation, yoga, or listening to music. Take 30 minutes to play a board game and laugh with your kids.
- **Take care of your health.** Getting enough sleep can make a big difference in your stress level. So can eating healthy foods and getting some exercise.

For these more tips, visit www.childwelfare.gov and click on "Tipsheets for Parents and Caregivers"

Stress

Note: This is the first part of a 2-part article compiled by Walidah Thrift, Family Therapist with the Soboba Tribal Family Services Department.

Stress is caused by any [actual, anticipated, or perceived] event that disrupts our balance and the response we have to stress is our attempts to regain balance. The body's response to stress is known as the Fight or Flight response. Fight or Flight response is described as our body's primitive, automatic, instinctive reaction that prepares us to 'fight or flee' from an attack, harm, or threat to our survival. This physical reaction to stress is your body's way of providing protection for you. When a threat (actual or perceived) is encountered, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol. The hormones arouse the body for an emergency action. When properly working in the event of an emergency, your body's physical reaction can provide you with energy; the ability to be alert and focused; and extra strength to defend yourself. When the threat (or perceived) threat is removed, our body is able to relax and return to balance. However when a person is not allowed to fight or flee, or when stress becomes persistent, the flood of hormones that were produced and released becomes toxic to the person's body and brain. Repeated exposure to high levels of stress results in the body's constant production of high levels of stress hormones, without time to recover thus leading to a buildup of these hormones. Our body's stress response is a normal reaction; however repeated activation of the stress response without a chance to recover is not normal. If not properly metabolized, the buildup of stress hormones in the body may lead to illness. Illnesses and health problems related to stress include the following: headaches; high blood pressure; certain forms of diabetes; ulcers; depression; anxiety; memory problems; chronic fatigue; irritable bowel syndrome (IBS); and increased abdominal fat.

Ways to gain balance:

Everyone experiences stress, with those experiences differing from person to person. While it may be impossible to avoid stress 100% of the time, it is possible to learn techniques that will aide in regaining balance in your life so that when you encounter stress your able to cope with the situation in a healthy manner.

...to be continued in the May Newsletter.